



Presents

# 2024 WORLD CHAMPIONSHIPS

Powerlifting, Bench Press, Deadlift, Push/Pull & Strict Curl

Thursday thru Sunday (21-24<sup>th</sup>) November 2024



**Holiday Inn Virginia Beach, Greenwich**

5655 Greenwich Rd, Virginia Beach, VA 23462

ENTER NOW ON ATTACHED FORM - ENTRIES CLOSE October 1 or until FULL

ENQUIRIES TO Paul Bossi – [rawlifting@aol.com](mailto:rawlifting@aol.com)



# 2024 WORLD CHAMPIONSHIPS

Powerlifting, Bench Press, Deadlift, Push/Pull & Strict Curl

## MEET INFORMATION

**KEY DATES:** Deadline Date: Sunday 1<sup>st</sup> October 2023

**Strict Curl Championships**  
(All Women & Men)

Thursday 21<sup>st</sup> November - 9am

**Women (session 1), Youth (session 2)**

Friday 22<sup>nd</sup> November - 9am

**Men (56-90kg) All Power events**

Saturday 23<sup>rd</sup> November - 9am

**Men (100-140+kg) All Power events**

Sunday 24<sup>th</sup> November - 9am

**MEET DIRECTOR:** Paul Bossi 106 Eyrie Ln, Elizabeth City, NC - USA 27909

Email: [rawlifting@aol.com](mailto:rawlifting@aol.com) Tele # +01 252-339-5025

**VENUE:** **Holiday Inn Virginia Beach, Greenwich**

5655 Greenwich Rd, Virginia Beach, VA 23462 (757) 499-4400

We secured this property for the event and arranged rooms starting at \$99USD/ night during your stay. This is a do not miss event that will be a full weekend of powerlifting, Tourism, great food and all the night life excitement of Virginia Beach. The Holiday Inn Virginia Beach, Greenwich is an amazing Hotel which offers fine dining and much more for its guests.

You must go to this link to get the 100% RAW Powerlifting \$89 room rate discount.

[https://www.ihg.com/holidayinn/hotels/us/en/find-hotels/select-roomrate?fromRedirect=true&qSrt=sBR&qIta=99801505&icdv=99801505&qSIH=ORFGR&qRms=1&qAdlt=1&qCiD=20&qCiMy=102024&qCoD=25&qCoMy=102024&qGrpCd=RAW&setPMCookies=true&qSHBrC=HI&qDest=5655%20Greenwich%20Rd,%20Virginia%20Beach,%20VA,%20US&sr\\_u=1&qChAge=&qRmFltr=](https://www.ihg.com/holidayinn/hotels/us/en/find-hotels/select-roomrate?fromRedirect=true&qSrt=sBR&qIta=99801505&icdv=99801505&qSIH=ORFGR&qRms=1&qAdlt=1&qCiD=20&qCiMy=102024&qCoD=25&qCoMy=102024&qGrpCd=RAW&setPMCookies=true&qSHBrC=HI&qDest=5655%20Greenwich%20Rd,%20Virginia%20Beach,%20VA,%20US&sr_u=1&qChAge=&qRmFltr=)

**If you are coming earlier than November 20<sup>th</sup> or staying longer than November 24<sup>th</sup> you need to let me know so I can make sure you get the rate for the whole time.**



## **COMPETITION ENTRY REQUIREMENTS**

### **Powerlifting, Bench Press, Deadlift, Push/Pull, Ironman & Strict Curl**

- Current valid membership
- Return of entry form to Paul Bossi by 1st October 2024
- Payment of competition entry fee
- Present membership card during weigh-in/equipment checks

#### **International Invitational requests for Visas:**

<https://rawpowerlifting.com/international-requests/>

#### **Airport**

**Closest Airport: Norfolk International, Airport Code (ORF)**

- 10 Minutes from Holiday Inn Greenwich Hotel/Venue
- Car rental's available at this location
- Airport shuttle: The Holiday Inn Greenwich does offer a shuttle service from the airport to the hotel.

#### **Scales:**

Scales will be available from 12:00am Wednesday at the Hotel/Venue:

#### **Drug Testing**

Drug testing will be performed by Redwood Toxicology Labs, as per the 100% RAW Powerlifting Federation Anti-Doping Policy.

#### **Shirts & Apparel**

**100% RAW Powerlifting** apparel will be on sale. There will be lots of merchandise to choose from. T-shirts, Sweatshirts, Hoodies, and much more. Credit cards will be accepted.

#### **Spectators**

There will be a \$20USD fee for spectators and coaches at the door. The fee will be good for all 4 days. Only lifters get in free with their lifting pass, if a lifter loses the pass they must pay.

#### **Awards Presentation**

Awards will be presented each day at the end of each session.





## POWERLIFTING FEDERATION, INC.

106 Eyrie Ln, Elizabeth City, NC 27909

[rawlifting@aol.com](mailto:rawlifting@aol.com)

[www.RawPowerlifting.com](http://www.RawPowerlifting.com)

252-339-5025

# 100% RAW Powerlifting Federation

Presents

## 2024 WORLD CHAMPIONSHIPS

Powerlifting, Bench Press, Deadlift, Push/Pull & Strict Curl

21-24 November 2024

### Holiday Inn Virginia Beach, Greenwich

5655 Greenwich Rd

Virginia Beach, VA 23462

[\(757\) 499-4400](tel:7574994400)

On November 21<sup>st</sup>, 2024 the 100% RAW Powerlifting Federation will hold the World Championships in Virginia Beach, Virginia-USA. This will be our largest and most competitive event of the year with teams invited from Ireland, Canada, Australia, New Zealand, Nauru, China, India, South Africa, Rep of Georgia, Israel, Greece, Italy, Cameroon, Brazil, Ukraine, Uganda, Kazakhstan are all working on team preparations.

We secured this property for the event and arranged rooms **starting at \$99USD / night** during your stay. This is a do not miss event that will be a full weekend of Powerlifting, tourism, great food and all the night life excitement of VA Beach. You must go to this link to get the 100% RAW Powerlifting discounted rate.

[https://www.ihg.com/holidayinn/hotels/us/en/find-hotels/select-roomrate?fromRedirect=true&qSrt=sBR&qIta=99801505&icdv=99801505&qSIH=ORFGR&qRms=1&qAdl t=1&qCiD=20&qCiMy=102024&qCoD=25&qCoMy=102024&qGrpCd=RAW&setPMCookies=true&qSHB rC=HI&qDest=5655%20Greenwich%20Rd,%20Virginia%20Beach,%20VA,%20US&srb\\_u=1&qChAge=&qRmFltr=](https://www.ihg.com/holidayinn/hotels/us/en/find-hotels/select-roomrate?fromRedirect=true&qSrt=sBR&qIta=99801505&icdv=99801505&qSIH=ORFGR&qRms=1&qAdl t=1&qCiD=20&qCiMy=102024&qCoD=25&qCoMy=102024&qGrpCd=RAW&setPMCookies=true&qSHB rC=HI&qDest=5655%20Greenwich%20Rd,%20Virginia%20Beach,%20VA,%20US&srb_u=1&qChAge=&qRmFltr=)

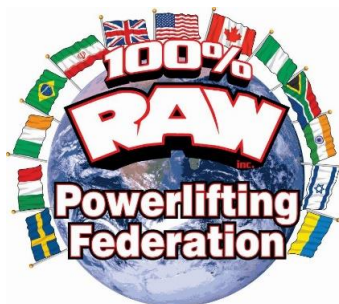
**International lifters, if you are coming earlier than November 21<sup>st</sup> or staying longer than November 24<sup>th</sup> you need to let me know so I can make sure you get the rate for the whole time.**

We are limiting the competition to the **First 400 Lifters who register. Absolutely No Exceptions This Year!**



### World Championship Belts

We are now accepting Sponsor applications for this meet, and we have vendor table space for sale. If you know anyone interested in a belt sponsorship or vendor space, please have them to contact us. We expect this EVENT to sell out like the last 8 years. Please send in your entry form EARLY to ensure your space at this year's competition.



## WORLD CHAMPIONSHIPS

**Powerlifting, Bench Press, Deadlift, Push/Pull & Strict Curl**  
**21-24 November 2024**

**Holiday Inn Virginia Beach, Greenwich**

5655 Greenwich Rd  
 Virginia Beach, VA 23462 (757) 499-4400

Meet Director: Paul Bossi 252-339-5025 / [rawlifting@aol.com](mailto:rawlifting@aol.com)

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_ SEX: M  F   
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 DAY PHONE: \_\_\_\_\_ NIGHT PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
 BODY WEIGHT: \_\_\_\_\_ kg RAW CARD NUMBER: \_\_\_\_\_ EXPIRATION: \_\_\_\_\_

**CIRCLE WEIGHT CLASS (kg):**

MEN	56	60	67.5	75	82.5	90	100	110	125	140	SHW	
Women	44	47.5	52	56	60	67.5	75	82.5	90	90+		

**DIVISIONS (CHECK AS MANY AS YOU WANT TO ENTER): Each Division has all weight classes.**

14-15  16-17  18-19  JUNIOR: 20-24  SUB MASTERS: 35-39   
**MASTERS:** 40-44  45-49  50-54  55-59  60-64  65-69  70-74  75-79  80+   
 OPEN: (25-34 & ALL AGES):   Special Olympian:   LAW / FIRE / MILITARY:   
**T-SHIRT:** XS  S  M  L  XL  2XL  3XL  4XL  **1 FREE COMPLIMENTARY SHIRT PER LIFTER**

<input type="checkbox"/> Strict Curl <b>Thursday</b> November 21 <sup>st</sup>	\$135/USD
<input type="checkbox"/> Bench Press <b>Friday, Saturday &amp; Sunday</b> November 22-24 <sup>th</sup>	\$135/USD
<input type="checkbox"/> Deadlift <b>Friday, Saturday &amp; Sunday</b> November 22-24 <sup>th</sup>	\$135/USD
<input type="checkbox"/> Push-Pull (bench/deadlift combo) November 22-24 <sup>th</sup>	\$150/USD
<input type="checkbox"/> Full Powerlifting November 22-24 <sup>th</sup>	\$175/USD = _____
<input type="checkbox"/> CROSSOVERS: # OF CROSSOVERS _____ X\$35	\$ _____
<input type="checkbox"/> Special-2-events=\$250, 3-events=\$350, 4-events=\$450	\$ _____
<input type="checkbox"/> Special - 5-events, Plus 5 crossovers = \$550	\$ _____
TOTAL AMOUNT ENCLOSED:	\$ _____

**ALL ENTRIES ARE DUE BY**  
**October 1<sup>st</sup>, 2024 or until FULL**

**Send Payment to:**  
**Paul Bossi**  
**106 Eyrie Ln.**  
**Elizabeth City, NC 27909**

**Weigh-In & Registration:**  
Weigh-In Designated area  
 Strict Curl (all lifters): Wednesday Nov 15th,  
 12-5pm by appointment only after 5pm

**ALL OTHER EVENTS**  
 All Women Thursday Nov 21<sup>st</sup> (12-5pm)  
 Men (60-90kg) Friday Nov 22<sup>nd</sup> (12-5pm)  
 Men (100kg-SHW) Saturday Nov 23<sup>rd</sup> (12-5pm)

**Technical Meeting:**

**Strict Curl**  
 Nov 21<sup>st</sup> 8:15am  
 Lifting starts at 9am

**All other lifts**  
 Nov 22-24<sup>th</sup>: 8:00am  
 Lifting starts @ 9:00am

**Drug Testing:**  
 " This event will be drug tested in compliance with the World Anti-Doping /authority (WADA) Code".

**ATHLETES MUST COMPLETE AND SIGN THE RAW RELEASE, WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT AGREEMENT ("AGREEMENT")**

In consideration of being permitted to participate in a 100% RAW Powerlifting Federation, Inc. ("activity") I, my personal representatives, and assigned heirs and next to kin:

1. **ACKNOWLEDGES**, agree, and represent that I understand the nature of the activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. **FULLY UNDERSTAND** that: (a) **ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks")**: (b) these Risks and dangers may be caused by my own actions or in actions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW**: there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time: and I **FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the activity.

3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the **100% RAW Powerlifting Federation, Inc., Paul Bossi, The Holiday Inn-Greenwich, RA Muscle Power** or related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by 100% RAW POWERLIFTING FEDERATION, INC., (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Release's, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expense, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

**4. Drug Testing Statement, Agreement, & Release of Liability**

I give my word as an athlete that I have not utilized any type of strength-inducing chemicals (anabolic steroids, growth hormone, Pro-Hormones etc.) for the past 3 years (November 21, 2021 - November 24, 2024)

In consideration of the acceptance of this entry, I agree to any test method deemed necessary by the meet director(s) and that the results of said testing method which the meet director and/or sponsors of this meet use to detect the presence of the strength inducing drugs may be released to any third party (ies) and I generally and specifically waive any right to privacy if any, related there to.

I hereby waive and release, intending to be legally bound for myself, my executors, administrators, and heirs, all rights and claims for damages I may have against 100% RAW Powerlifting Federation, Inc. Paul Bossi, The Wyndham VA Beach Oceanfront, RA Muscle Power and all parties associated with the 2024 **100% RAW POWERLIFTING FEDERATION WORLD CHAMPIONSHIPS** as a result of testing positive for the utilization of strength-inducing chemicals. Should I fail the drug test, I agree to forfeit my award that I may have won. I agree that if I fail the drug test my name will appear on a published list of suspended members. If the drug test to which I submit is positive, then I waive any claim, action, or cause for which legal relief is available.

My entry into the 2024 **100% RAW WORLD POWERLIFTING FEDERATION WORLD CHAMPIONSHIPS** constitutes my consent to the testing procedures; and, if any such results test positive, I understand that I shall be disqualified from the pertinent competition and suspended for lifetime by the federation.

I Have Read This Agreement, Fully Understand Its Terms, Understand That I Have Given Up Substantial Rights By Signing It And Have Signed It Freely And Without Any Inducement Or Assurance Of Any Nature And Intend It To Be A Complete And Unconditional Release Of All Liability To The Greatest Extent Allowed By Law And Agree That If Any Portion Of This Agreement Is Held To Be Invalid, The Balance, Not Withstanding, Shall Continue In Full Force And Effect.

Printed name of participant: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant's signature (only if age 18 or over): \_\_\_\_\_ Date: \_\_\_\_\_

**Minor's RELEASE**

And I, The Minor's Parent And/or Legal Guardian, Understand the Nature of Athletic Activities and The Minor's Experience and Capabilities and Believe the Minor to Be Qualified, In Good Health, And in Proper Physical Condition to Participate in Such Activity. I Hereby Release, Discharge, Covenant Not to Sue, And Agree to Indemnify and Save And Hold Harmless Each of The Release's from All Liability, Claims, Demands, Losses, Or Damages on The Minor's Account Caused or Alleged to Be Caused In Whole Or In Part By The Negligence Of The "Releases" Or Otherwise, Including Negligent Rescue Operations And Further Agree That If, Despite This Release. I The Minor or Anyone on the Minor's Behalf Makes a Claim against Any of the Releases' Name Above, I Will Indemnify, Save, And Hold Harmless Each of The Releases from Any Litigation Expenses, Attorney Fees, Loss Liability, Damage, Or Cost Any May Incur as The Result of Any Such Claim. I fully authorize my child to be tested for Steroids during this competition to comply with the WADA drug free guidelines.

Printed name of parent or Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip Code

Parent/guardian signature (only if participant is under the age of 18): \_\_\_\_\_ Date: \_\_\_\_\_

**Sponsors:**

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& Hall of Famer  
Pete Miller**

**John Shifflett  
Gorilla Squad**

**Olesya V. Ramsey**

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